

Your Family's Health

Make a Difference at Your Family Reunion

Note to Family Members

Sign and make copies of the note below, and attach it to the *Questions & Answers About the Kidneys and Kidney Disease* fact sheet or other materials from the NKDEP Family Reunion website. Then distribute it to family members. You can also use this example as a guide for writing your own personal note.



You are an important part of my family and I care about your health. I recently learned that diabetes and high blood pressure are the leading causes of kidney failure, and I wanted to share this information with you. People may know they have diabetes or high blood pressure, but may not know these conditions put them at risk of developing kidney disease. Kidney disease is serious—it can cause your kidneys to fail, which means a person must either go on dialysis or get a kidney transplant. But there are things you can do to protect your kidneys.

Please read the attached information. If you are at risk for kidney disease, talk to your doctor or health care provider about getting tested and about other ways to protect your kidneys and stay healthy, so we can all attend many more family reunions.

